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English Composition one

Fred Johnson Author of “Associations Between Procrastination and Subsequent Health Outcomes Among University Students in Sweden”

What the article says is a question what is procrastination? They talk about how it is affecting university students in Sweden today. They talk about how Procrastination is a system of Procrastination has increased over the years. What they are figuring out is how Procrastination is caused. The scientists at Jama also found the outcomes of procrastination. Jama says that the outcomes cause nervous system damage. They say that the outcomes have led to the students not concentrating well on school, leading them with lower grades. This study gives a good precise reason why this is a very big problem for university students who are working on their studies. They also say that procrastination can harm the student's work ethic later in

life. Jama looks at this as a growing problem among young adults who are in universities.